

## Onion Frittata



156 kcal

Serving 1

15 Mins

## Onion Frittata

★★★★★ (1)

**Calories 156 kcal**

**Protein Serves 1.50**

**Carbohydrate 2.6  
grams**

**Cholesterol 0  
milligrams**

**Fat 23.6 grams**

**Fiber 0 grams**

**Protein 20 grams**

### Ingredients

1 pinch Basil (finely chopped)

15 g Cheddar Cheese

15 ml Cream

2 whole Eggs

0.50 tsp Olive Oil

40 g Onions (finely chopped)

2 g Salt and Pepper (to season)

### Equipment

Oven Safe Fry Pan

### Instructions

1. Preheat oven on grill mode.
2. In a bowl, whisk eggs and cream until combined. Add fresh basil, salt and pepper.
3. In a large oven safe fry pan, heat oil on low heat. Add onions and cook until caramelised.
4. Pour egg mixture into pan and increase to a medium heat. Cook for 5 minutes.
5. Sprinkle grated cheese on top, then place pan in oven to finish cooking under the grill for 4 minutes until set.
6. Slide frittata out of pan onto a serving platter and enjoy while hot.